

## Broad-leaved Mountain Mint (*Pycnanthemum muticum*)

2-3' clump-forming fine-textured aromatic perennial. All parts emit a spicy minty aroma when crushed.

CT native, found in moist woods, meadows.

Each flower disk has densely packed tiny pink-white two-lipped florets with tiny purple spots, gracefully framed by a pair of large, very showy, velvety silvery bracts. Flowers grow in tiers on each stem, with open graceful habit, casting a frosted haze over the plant as it blooms, July into early fall.

2" dark green oval leaves with heart-shaped bases, on branched stems.

Dries to a silvery hue, providing beautiful winter interest.

Sun to part shade. Performs well in bright shade, but best flowering in full sun, if moist. Easily grown in fertile, moist to medium, well-drained soils, but thrives in a wide variety. Naturalizes, at times with vigor, but easily kept in check by spading around edges in spring. Trouble free. Deer resistant.

Very ornamental, silvery-refreshing, especially in groups or masses, in summer. A lovely contrast to stronger flower colors. Use in borders, herb/rock gardens, edge of woods. Naturalize in meadow, pollinator gardens. Nice cut/dried flowers. Leaves provide a nice flavor to iced tea, or makes mild hot tea. The leaves contain a natural mosquito repellent: crush the leaves and rub on your skin.

Exceptional nectar/pollen plant, very attractive to bees, beneficial insects, butterflies like Swallowtails, Fritillaries, Hairstreaks, that sometimes all seem to be feeding at once, summer to fall.

Photos 1-6, 9-10

North Central Conservation District

Photo 7 The Battery Conservancy

[thebattery.org/plants/plantview.php?id=290](http://thebattery.org/plants/plantview.php?id=290)

Photo 8 Jeff Phippen

Jeff's Nature Home Page

[jeffpippen.com/plants/pycnanthemum.htm](http://jeffpippen.com/plants/pycnanthemum.htm)

